

# WINTER ADVISORIES

## SPECIAL HEALTH CARE TRAVEL & VACATION TIPS

from The Framingham Board of Health

**Going away for vacation?  
Heading for the tropics or the mountaintops?**

### SUN SEEKERS / Warm Climates

Sun strength is different out of New England. Pack sun screen and hats. Use them!

If vacationing in a tropical area, insect repellant with DEET is recommended.

When traveling outside the US, a rule of thumb for diet is: "Boil it, peel it or forget it."

You may need additional vaccinations to protect against illness and disease outside the United States  
(There is a Travel Clinic located at MWMC. Call 508-393-1130 for more details)

### SNOW SEEKERS / Cold Climates

Wear lots of layers. Remove or apply as needed.

Sunscreen isn't just for beaches! It works on the slopes too!

Mittens keep hands warmer than gloves. Hats help your body retain heat.

Remember to drink water. Outside sports can be dehydrating in winter too!

**\*The American Cancer Society recommends the following; "Avoid UV sunlamps and tanning parlors. They are as harmful to your skin as the sun. Many people think that a tan from an artificial method will protect them in the sun prior to vacation, but they don't help or protect you."**

Whether at HOME or AWAY: remember good, frequent hand washing is your FIRST line of defense against illness!